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DON'T GET SEXY ON TRANSIT: URBAN ETIQUETTE
PAGE 16

Happy Vanniversary!

In celebration of Vancouver's 129th birthday on Monday, the city conducted a survey asking respondents, among other things, to choose which landmark best represents our hometown. Canada Place is the winning landmark, beating out other cherished spots including Stanley Park and the Inukshuk on English Bay. See story on Page 3. EMILY JACKSON/METRO

Nanny 'slave' awarded $55K

HUMAN RIGHTS

Tribunal orders couple to pay up for mistreatment

Neal Hall
For Metro | Vancouver

A Filipino nanny who was kept as a "virtual slave" in a Richmond hotel by a Hong Kong couple has been awarded $55,0000 by the B.C. Human Rights Tribunal.

The woman, identified only by the initials PN, also complained she was forced to perform sexual favours for the husband when his wife was away.

The mother of two children from the Philippines was originally hired to work as a housekeeper and caregiver for two children at the couple's home in Hong Kong.

She was hired at a salary of 3,740 Hong Kong dollars a month — about $600 Canadian.

The tribunal heard how PN would work from 5:30 a.m. to 11 p.m. each day and had to eat her meals standing up. If she was caught sitting down, she would have her wages deducted.

After a year, the couple and their children moved to Vancouver — they lived in a hotel in Richmond near the airport until they could find a house to buy and have it ready to move in.

The two-bedroom hotel suite had a kitchen and PN slept on the couch. She said she had no privacy and her employers confiscated her passport.

The wife, MR, would often call PN names like "garbage," "stupid," and "evil."

The nanny also complained she was assaulted by MR and when MR was away from the home, her husband FR would make PN stroke his penis two to three times a week.

FR warned PN that she would be sent home if she told anyone and that she should be worried about her children.

PN made her escape on Aug. 18, 2013, when she took out the garbage.

> **"She was isolated, underfed and treated like she was sub-human.**
> Catherine McCreary, B.C. human rights tribunal member

She had no money, no passport, no extra clothing, no toiletries and no eyeglasses. She was assisted by a hotel employee who was Filipino and went to live in a women's shelter.

She eventually joined Deborah's Gate, a specialized program for victims of human trafficking and sexual exploitation.

After PN filed her human rights complaint, the couple threatened to take action against PN in the Hong Kong courts for breach of contract and for defamation.

"I conclude that the letter amounted to retaliation for filing her complaint" B.C. human rights tribunal member Catherine McCreary said in her written decision.

"She was isolated, underfed and treated like she was subhuman; all because she was a young Filipino mother who needed the job to take care of her own children," the decision said of the discrimination suffered by PN.

McCreary ordered the couple to pay PN $5,867 for lost wages, plus interest from August 2013, plus $50,000 as damages for injury to PN's dignity, feelings and self-respect arising out of the complaints.

metro NEWS

Your essential daily news

Using DNA to track unscooped dog poop. Page 8

St. Paul's Hospital in downtown Vancouver on Sunday. Vancouver-West End NDP MLA Spencer Chandra Herbert went public last week with rumours of the hospital's relocation. EMILY JACKSON/METRO

Fight is on to save hospital: MLA

HEALTH

Unconfirmed rumours of St. Paul's closing making rounds

Emily Jackson
Metro | Vancouver

Vancouver-West End NDP MLA Spencer Chandra Herbert expects a big public campaign to save St. Paul's Hospital if the province decides to relocate downtown's only emergency room to pave way for condos.

Chandra Herbert has received a deluge of Facebook messages, emails and phone calls from concerned residents since he went public with rumours about the hospital's relocation last week.

"Based on what the public's been telling me and what I've heard from a number of people inside Providence Health Care and the Ministry of Health, a lot of people disagree with plan," Chandra Herbert said Sunday.

"To close the only emergency room serving Downtown Vancouver isn't very good health policy," he said, adding more than 100,000 people live in the area.

He heard from union, government, business and charitable sources that Premier Christy Clark will soon announce intentions to move the hospital to a location at Main and Terminal in order to sell the valuable downtown property.

Neither the province nor the health authority has expressly confirmed or denied the rumours, a move that Chandra Herbert takes as proof of their merit.

"I hope I'm wrong. I hope the government doesn't make this decision, but the fact they haven't denied this tells me there's something going on," he said.

In 2012, and again in 2013, during her run for the B.C. Liberals, Clark promised to renew the hospital and dedicated $500 million of the budget toward the project.

At the time, Providence said it would cost about twice as much to build a brand new hospital at the False Creek Flats site.

The plan was instead to build a new health tower on an empty parking lot behind St. Paul's and then revitalize the older buildings.

While Chandra Herbert isn't against a health-care facility at the new location, he and dozens of his Facebook followers pointed out how much downtown's only hospital means to the community.

"If we had a earthquake, all the bridges would probably be down and St. Paul's will mean life or death," Norman Gludovátz posted.

St. Paul's opened in 1894 as a 25-bed hospital. It now has one of the busiest emergency rooms in the province.

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CRIME

Man pleads guilty to three murders

A Surrey man has unexpectedly entered guilty pleas for three homicides that occurred in 2013.

Sarbjit Bains, 34, pleaded guilty to committing the second-degree murders of Jill Lyons and Karen Nabors, online escorts who lived in the same building in the 200 block of 11th Avenue in New Westminster.

Lyons, 45, was found dead in her apartment on Aug. 12, 2013, and Nabors, 48, was found dead 13 days later in her apartment in the same complex.

Police initially thought Lyons' death may have been a suicide but after Nabors was found dead an autopsy was done on both women, which showed they both died of foul play.

Bains also pleaded guilty to manslaughter for causing the death of Amritpal Saran, 29, whose burned body was located in the 12100-block of Colebrook Road in Surrey on Feb. 24, 2013.

Bains' former girlfriend, Evelina Urbaniak, 37, was also charged with accessory after the fact and indignity to human remains in relation to Saran's homicide. Last month, Urbaniak was convicted of interference with a dead body and given a conditional sentence of two years less a day, to be served in the community, followed by three years of probation.

NEAL HALL/FOR METRO

TALK VANCOUVER

'Beautiful, expensive and green' sums us up

A typical Vancouverite owns two umbrellas, describes rain that blows sideways as the worst type of rain, believes Stanley Park is a must-see for visitors and has strong opinions about bike lanes.

This snapshot of what defines a Vancouverite comes from the city's latest Talk Vancouver survey, conducted in honour of the city's 129th birthday on Monday. It was intended to celebrate the city and encourage people to sign up for Talk Vancouver, an online platform used to consult residents on issues such as parks and development.

The results, based on responses from 1,166 residents, don't stray far from Vancouver clichés and provide a lighthearted look at everything from when people moved here (August is the most popular month for a "Vanniversary") to what landmark best represents the city (Canada Place got the most votes).

The top three words used to describe the city were beautiful, expensive and green, although rain, rainy and wet weren't far behind. (That's probably why half of residents broke at least one umbrella last year and 40 per cent lost at least one.)

Spanish Banks ranked as the city's favourite beach, Kitsilano topped the list for best people watching beaches and English Bay the best for a date.

When it comes to the most common characteristics, 93 per cent say they have friends from other races and religions, 91 per cent have eaten at White Spot and 85 per cent have strong opinions about bike lanes.

Just over half have done the Grouse Grind, like the Canucks when they're winning, think Toronto is "Ugh" and post pictures of cherry blossoms on social media.

Only a quarter have gone skiing and to the beach in the same day. EMILY JACKSON/METRO

The HMCS Annapolis sinks to the bottom of Halkett Bay Saturday to begin life as an artificial reef. COURTESY ARTIFICIAL REEF SOCIETY OF B.C.

Ship sunk off coast to become new reef

ENVIRONMENT

Former warship will now serve as a habitat for marine life

The sound of boat horns and cheering from hundreds of excited onlookers saturated the smoke-filled ocean air as demolition crews sank a former Canadian warship off the B.C. coast on Saturday.

After years of legal wrangling, the Artificial Reef Society of British Columbia successfully sank the former HMCS Annapolis in the waters of Halkett Bay Marine Provincial Park off Gambier Island northwest of Vancouver.

"I'm just elated — it went down perfectly," said society director Larry Reeves shortly after the sinking, which took place on Saturday. "It's a huge sense of accomplishment and relief that it's finally over."

The society acquired the decommissioned destroyer in 2008 with the intention of turning it into an artificial reef, but changing environmental regulations and a variety of legal challenges delayed the project.

Most recently, the Save Halkett Bay Marine Park Society petitioned the courts to overturn Environment Canada's sinking permit, arguing that paint on the ship's hull contained toxic chemicals.

> **"It's a huge sense of accomplishment and relief that it's finally over.**
> Larry Reeves, director of the Artificial Reef Society of B.C.

But last month a federal court judge dismissed the group's concerns, saying the vessel had not been painted for two decades and that the toxins were not in an active state.

On Saturday, shortly before 1:30 p.m., the staggered roar of 12 cutting charges detonating loudly from the stern to the bow of the ship rang across the relatively calm water.

The vessel disappeared less than two minutes later.

The ship will provide habitat for marine life and serve as a destination for recreational divers. Holes were cut into its hull to allow easier access for qualified divers to explore its inner workings.

The HMCS Annapolis served in the Canadian Navy for more than 30 years before being decommissioned in 1998 and sold to the artificial reef society 10 years later. THE CANADIAN PRESS

Jedi and Trekkies unite at Fan Expo

MEET AND GREET

Sense of belonging draws people to culture event

Sam Smith
For Metro

While diehards of the original Star Trek continue their long, relentless battle for sci-fi supremacy over one little franchise known as Star Wars, the Captain of the USS Enterprise and Princess Leia were working together at the Vancouver Convention Centre Easter weekend.

An estimated 25,000 attendees came to Fan Expo Vancouver this weekend for the chance to meet their favourite authors, artists and actors, and check out the latest merchandise from anime, manga, comics, sci-fi, gaming and horror franchises.

"It's these kind of shows that are the best because they give you the chance to meet and talk with people face to face," said Veronica Taylor, the voice actress best known for playing the role of Ash Ketchum in the animated series Pokémon.

> **"I feel like a part of their family, all from working on a cartoon.**
> Veronica Taylor

"I get to talk to kids and adults about their experiences and form relationships, and it's so fun because to most of them I've been in their lives and their living rooms on TV already. It's really extraordinary. I feel like a part their family, all from working on a cartoon."

That sense of belonging and shared interests is also what drove Michael Phromkharar-ourak, an attendee adorned in full ODST soldier regalia from the videogame series Halo, to the expo for his sixth year in a row.

"I come here more for my friends," Phromkhararourak said.

"Honestly, the majority of my friendships have come from conventions like this, as it brings together like-minded people who are interested in the same things as you. It's also a bonus to be able to blow all my savings on some exclusive merchandise, too."

Guests at the three-day event also included Arrow's John Barrowman, Chad Coleman of The Walking Dead and many others. SAM SMITH/FOR METRO

Micheal Phromkharar-ourak cosplayed at Fan Expo Vancouver as an ODST soldier from the popular Halo videogame series. SAM SMITH/FOR METRO

Back To The Future's famous ride was on display. SAM SMITH/FOR METRO

Friends Victoria Wiens, Amy Rodgers and Jennifer Woytouich dressed as a steampunk version of the Powerpuff Girls, with help from comic book character Deadpool. SAM SMITH/FOR METRO

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Canadian's arrest, torture topic of CIA debate: Ex-spy

Whistleblower says colleagues were sure Maher Arar was innocent

A former spy has described the debate within the CIA over the arrest, rendition and torture of Canadian Maher Arar, saying multiple colleagues warned against it because they were convinced they were punishing an innocent man.

The account from former CIA officer John Kiriakou sheds new light on decade-old events that caused a public inquiry in Canada, a $10-million payout from the federal government, and unsuccessful lawsuits in the U.S.

It's a rare peek into discussions within the U.S. Central Intelligence Agency — whose role in the 2002-03 events has never been publicly examined, having remained off-limits in Canada's inquiry.

It came during an interview at the former spy's Virginia home, where he described how he went from being the head of counter-terrorism operations in Pakistan after 9/11, to becoming the first CIA employee to publicly question the use of torture, to eventually spending two years in jail for leaking agency secrets.

During that interview, Kiriakou declined to discuss whether he had interacted with Canada's spy services — because, he said, revealing details about a foreign partner remains a cardinal sin in the world of espionage.

But he added: "We can talk about Maher Arar."

Kiriakou expressed disgust with his country's role in sending the engineer to be tortured in his native Syria, and with its continuing failure to issue an apology like Canada has.

He described a dynamic within the agency in which one mid-to-high-level officer ignored repeated objections from her subordinates, and insisted on pushing ahead.

"I can tell you that a lot of people inside the CIA objected to this," Kiriakou said.

"(They said), 'This is the wrong guy. He hasn't done anything.'"

Arar was grabbed during a New York airport layover and flown to a notorious Syrian prison. He has described a year-long ordeal that included being beaten and stuffed into a body-sized slot in a windowless dungeon. Arar likened it to being buried alive.

At the time, Kiriakou was a branch chief within the CIA's Counterterrorism Center.

While he won't discuss the branch name, he says it fell under the broader Osama bin Laden unit and the Arar file was being handled by another branch within the centre.

He says an officer, one level above branch chief, was determined to make the arrest.

"I remember hearing some of the conversations — that, 'This is the wrong guy, this is a mistake.' And then one officer in particular (was) saying, 'No, this is not the wrong guy. We're going to take him.'

"She was certain that we had the right guy. That Maher Arar was an al-Qaida whatever-he-was — a facilitator, or whatever — and we were moving forward with it."

He wouldn't identify the officer. Kiriakou referred only vaguely to her general status within the agency. He also made a fleeting reference to a Hollywood hit: "As you may have seen in the movie Zero Dark Thirty, there were certain people inside the CIA who insisted on pushing forward."

He refused to say whether she was the officer who inspired that movie's main character — who was named in some media reports, and was linked in the Senate's torture study to the wrongful rendition of another innocent man, Khaled el-Masri.

The CIA declined to comment for this story. So did Arar, although his U.S. lawyer says it's about time these details emerged.

"Nothing has ever come out here about the CIA involvement," said Maria LaHood. "He's never received an apology from the United States ... His name continues to be smeared. As far as we know, he's still on a watch list."

Another advocate for Arar said the same is true for Canada.

Canadians who passed on information to the CIA continued law-enforcement careers and got promotions, said Kerry Pither, who wrote a book about the rendition of Arar and three other Canadians. THE CANADIAN PRESS

Maher Arar listens to a question at a news conference in Ottawa on Dec. 12, 2006. Arar, a Syrian-born Canadian, was detained in New York in September 2002 and shipped overseas — winding up in a dungeon-like Damascus prison cell. TOM HANSON/THE CANADIAN PRESS

> **It's not too late for accountability here. It would be nice, at least, to do some naming and shaming.**
> Maria LaHood, Maher Arar's U.S. lawyer

JAILED

Kiriakou just spent two years in prison for leaking agent details to the media — though he insists the government punished him for blowing the whistle on torture.

CSIS

Forum created on 'terrorist travel'

The Canadian Security Intelligence Service has set up a "multilateral forum of trusted partners" to share information on suspected extremists travelling abroad — a group that extends beyond its customary Five Eyes spy network, a newly released memo says.

In the memo — CSIS Response: Addressing the Terrorist Travel Threat — Canada's spy agency also flags a concern about the challenges it faces in going further to build relationships with "non-traditional partners."

The September CSIS memo evokes the kind of information-sharing that led to the overseas torture of four Arab-Canadians following the 9/11 attacks, said Alex Neve, secretary general of Amnesty International Canada.

"The very term 'terrorist travel' is uncertain and loaded," Neve said. "Who, exactly, would be covered?"

The memo was drafted before a jihadi-inspired gunman fatally shot a soldier at the National War Memorial and stormed Parliament Hill last October. Those events prompted introduction of sweeping new security legislation to crack down on homegrown extremists, including those intent on heading abroad to join foreign battles. The government brought in a bill to give CSIS more latitude to obtain a court-ordered warrant authorizing security investigations in other countries. CSIS fears extremists who head to Syria or Iraq may return to wage attacks.

The traveller phenomenon is a "priority collection" requirement for the spy service, the memo says.

A heavily censored copy of the five-page, top-secret memo was obtained by The Canadian Press under the Access to Information Act. THE CANADIAN PRESS

GERMANWINGS CRASH

Profile of co-pilot gets more troubling

The profile that has emerged of Germanwings co-pilot Andreas Lubitz has become more troubling by the day.

In the hours after Flight 9525 crashed in the French Alps two weeks ago, Lubitz was regarded as one of 150 victims in an unexplained disaster. Two days later he was the prime suspect of an unfathomable act.

By now, French and German prosecutors have little doubt that the 27-year-old intentionally slammed the Airbus A320 into a mountain, killing everyone on board, and there is growing evidence that his actions weren't just a split-second decision but the result of days of planning.

The revelations have raised questions about who knew what, when, and whether Lubitz could have been stopped.

Investigators have pieced together a picture of Lubitz by analyzing the voice and flight data recorders found at the crash site, searching his homes in Duesseldorf and Montabaur, and by interviewing friends, relatives, colleagues and doctors.

Medical records show that before he received his pilot's licence, Lubitz suffered from depression, with doctors recording "suicidal tendencies." It forced him to take a break of several months from his pilot training.

In the months before the crash, Lubitz sought help from several doctors, including specialists at Duesseldorf's University Hospital. In the week leading up to the crash, Lubitz spent time online researching suicide methods and cockpit door security. THE ASSOCIATED PRESS

Andreas Lubitz. THE ASSOCIATED PRESS

MANCHESTER, U.K.

Two teenagers face terrorism charges

British police say a teenage boy and girl have been arrested on suspicion of preparing terrorist acts.

Greater Manchester Police said Sunday a 14-year-old boy and 16-year-old girl have been arrested following two separate police raids that took place Thursday and Friday. Police say they had warrants for both searches.

The two teens have not been named and both have been freed on bail until a May 28 court hearing.

The number of terrorism-related arrests in Britain has surged in recent months as an increasing number of Britons try to travel to Syria to link up with ISIS extremists there.

Separately, police are questioning six people arrested earlier Friday in the port city of Dover, which has extensive ferry service linking England to France.

Five men and one woman in their 20s were arrested in a departure lounge there Friday night. THE ASSOCIATED PRESS

IN BRIEF

California governor defends drought order

Gov. Jerry Brown on Sunday defended his order requiring Californians statewide to cut back on their water use in a historic mandate that spares those who consume the most — farmers. As California endures a fourth year of drought, Brown's order this week requires towns and cities statewide to draw down water use by 25 per cent compared with 2013 levels. While past reductions were voluntary, Brown said he is using his emergency powers to make the cuts mandatory. THE ASSOCIATED PRESS

Yemeni Sunni Islamist party says over 120 members abducted by Shiite rebels

Yemeni Shiite rebels, making an aggressive bid for power in the impoverished Gulf state, arrested more than a hundred members from a rival Islamist Sunni political party, including two leaders, the party said in a statement Sunday. The Islah party, the Muslim Brotherhood's branch in Yemen and a traditional power player in Yemen, had declared its support for the Saudi-led coalition bombing campaign against the rebels and their allies. THE ASSOCIATED PRESS

Christian women and children are scanned with a metal detector and have their bags searched to prevent against possible attacks as they enter the compound of the Our Lady of Consolation Church, which was attacked with grenades by militants almost three years ago, in Garissa, Kenya Sunday. BEN CURTIS/THE ASSOCIATED PRESS

Gunman in Kenyan attack was official's son

EXTREMISM

Chief reported him missing, feared he'd gone to Somalia

One of the gunmen who slaughtered 148 people at a college in Kenya was identified Sunday as the law-school-educated son of a Kenyan government official, underscoring the inroads Islamic extremists have made in recruiting young people to carry out attacks against their own country.

Abdirahim Mohammed Abdullahi, who was killed by security forces Thursday along with the three other militants who stormed Garissa University College, was the son of a government chief in Mandera County, which borders Somalia, Interior Ministry spokesman Mwenda Njoka told The Associated Press.

The chief had reported his son missing last year and feared he had gone to Somalia, Njoka said.

Somalia's al-Shabab militant group claimed responsibility for the bloodbath, saying it was retribution for Kenya's sending of troops to Somalia to fight the extremists.

The attackers separated Christian students from Muslim ones and massacred the Christians.

The news that one of the gunmen was Kenyan highlights the challenges faced by the government in preventing terrorist attacks. The danger comes not only from neighbouring Somalia but also from within Kenya.

Kenyans make up the largest number of foreign fighters in al-Shabab, according to experts. Hundreds of Kenyan youths have trained with al-Shabab and then returned to Kenya, posing a major security threat, according to former police chief Mathew Iteere.

Kenya's government has said another source of instability is the country's refugee camps, with more than 423,000 Somali refugees.

Abdullahi graduated from the University of Nairobi with a law degree in 2013 and was seen as a "brilliant upcoming lawyer," according to Njoka.

Njoka said it is important for parents to inform authorities if their children disappear or seem to be embracing extremism.

Meanwhile, questions have been raised about the security response to the Garissa attack.

Police waited seven hours before sending a special tactical unit into the college to fight the gunmen, Kenya's Daily Nation newspaper reported Sunday. THE ASSOCIATED PRESS

U.S. SURVEY

More whites approve use of police force

White people in the United States approve of police officers hitting people in far greater numbers than black people and Hispanics do, a striking difference at a time when the U.S. is struggling to deal with police use of deadly force against minorities, according to a major American trend survey.

Seven of 10 whites polled, or 70 per cent, said they can imagine a situation in which they would approve of a police officer striking an adult male citizen, according to the 2014 General Social Survey, a long-running measurement of trends in American opinions. When asked the same question, just 42 per cent of blacks and 38 per cent of Hispanics said they could.

These results come as Americans grapple with trust between law enforcement and minority communities after a series of incidents, including the deaths of unarmed black men in Ferguson, Missouri, and New York City. Thousands of people protested in the streets last year after the deaths of 18-year-old Michael Brown and 43-year-old Eric Garner, who gasped "I can't breathe" as police arrested him for allegedly selling loose, untaxed cigarettes.

The survey shows the gap between whites, blacks and Hispanics long predates those deaths.

The poll results don't surprise experts on American attitudes toward police, who say experiences and history with law enforcement shape opinions about the use of violence by officers.

"Whites are significantly more likely to give police officers the benefit of the doubt, either because they have never had an altercation with a police officer or because they tend to see the police as allies in the fight against crime," said Ronald Weitzer, a George Washington University sociology professor who has studied race and policing in the U.S. and internationally.

However, blacks and Hispanics "are more cautious on this issue because of their personal experiences and/or the historical treatment their groups have experienced at the hands of the police, which is only recapitulated in recent disputed killings," he said. THE ASSOCIATED PRESS

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Uber hopes to make peace

TRANSPORTATION

To grow here, ride-sharing firm must mend fences

The strong-arm tactics that some Canadian cities have been using against virtual ride-hailing company Uber have prompted the organization to try to mend fences with local officials even as it maintains hope for further expansion.

Municipal governments across Canada have launched everything from political salvos to court injunctions against the San Francisco-based tech giant in a bid to keep Uber's fleet of both licensed and unlicensed vehicles off city streets.

While Toronto Mayor John Tory has publicly defended Uber, saying such companies are here to stay, a recent blitz by a lone city police officer saw 11 charges laid against UberX drivers in a single weekend.

Uber's opponents have succeeded occasionally. While the company maintains a presence in Edmonton, Toronto, Ottawa, Montreal, Quebec City and Halifax, it was forced to shut up shop after brief efforts in Vancouver and Calgary.

The tactics some Canadian cities have been using against Uber have prompted the company to try to be more collaborative with local officials. ERIC RISBERG/THE CANADIAN PRESS

Uber says there's an effort afoot to cool tensions with the cities it serves before it pursues new locations.

"Uber wants to be everywhere and we are constantly evaluating new opportunities," said Jeff Weshler, Uber Canada's general manager for regional expansion.

Uber has faced varying levels of resistance in nearly every Canadian city where it has operated, even as it has won plaudits for its innovative business model.

Municipal officials from Vancouver to Halifax have accused the company of operating illegally at best and endangering the lives of passengers at worst.

Chris MacDonald, professor of Business Ethics at Ryerson University, said there's no doubt the model has caught on in the 300 cities worldwide where Uber currently operates.

Uber has set itself apart from its many competitors as a leader in this field, he said, adding the company is clearly filling a genuine need in the market.

But its practice of antagonizing governments by flouting regulations does not mean the company is blazing a trail to future prosperity, he said.

"They're going to need, in the long run, to keep a pretty broad range of stakeholders happy," he said. "Eventually they've got to kind of make peace."

Weshler says the bans and criticisms that have dogged the company are par for the course for an organization that's trying to revamp a long-established system, adding Uber has no plans to shy away from its opponents.

Weshler said he hopes Uber's relationships with Canadian cities take a more collaborative turn, saying that negotiation is the best way to achieve mutual goals.

"Ultimately we're all committed to the same vision of a safe and reliable way for people to get around."

THE CANADIAN PRESS

IN BRIEF

DNA doggy-do tests nail owners who don't scoop

Frustrated with dog owners who refuse to clean up after their pets, an increasing number of apartments in Seattle are opting to use DNA testing to identify the culprits. The Seattle Times reports that a company called BioPet Vet Lab from Knoxville, Tenn., is providing its PooPrints testing kits to 26 apartment and condo complexes and homeowners associations in the region. THE ASSOCIATED PRESS

Marijuana trimmers eye careers in pot industry

Washington's marijuana business has created a legal occupation that offers career opportunities for bud trimmers. Bud trimmers make $12 to $15 US an hour trimming leaves from marijuana buds. Most work on up to a pound and a half of marijuana per day. Experienced workers can move up to positions as gardeners or concentrate makers, and earn $50,000 to $90,000 a year.

THE ASSOCIATED PRESS

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PR 127
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Ford OCEAN PARK FORD

metro VIEWS
Your essential daily news
Monday, April 6, 2015

#MYMETRO

Hop to it

While everyone was out hunting for his hidden eggs on Sunday, the Easter Bunny used his free time to hop over to the nearest available Metro Vancouver and catch up on all the latest news in the city.

Unlike those hollow chocolate bunnies on sale at the supermarket, this paper is free and chock full of content that's good for you.

Follow us at metronewsca and post pictures of yourself reading your Metro with the hashtag #MyMetro and we'll repost.

We'll also feature a reader pic in this spot every Monday.

School budget cuts will hurt vulnerable students most

CITY HOLLER
Trish Kelly

Last week's proposal by the Vancouver School Board's senior management team to address an estimated $8.52 million budget shortfall was a diligent, but sad, exercise in death by a thousand cuts.

It will see our schools fall further into disrepair, close doors on the city's most vulnerable, and leave everyone in the system feeling more frustrated.

School boards across the province find themselves equally stymied.

The province determines funding levels and though boards will see increased staff wages, higher BC Hydro and MSP costs, and increases courtesy of the feds for Employment Insurance and Canada Pension payments, the province won't set funding levels to compensate.

Both the Vancouver School Board and Education Minister Peter Fassbender have hired external advisers to look for further opportunities for savings, but unless one of the special advisers turns out to be Elastigirl from The Incredibles, or Inspector Gadget himself, making these ends meet is going to really hurt.

The management team's proposal includes shaving down elementary school band and strings programs and boosting fees for the programs that stay. The overall fees are still low, going from $2.50 to $5 per month, so this won't deter most families, but for those living on minimum wage or income assistance, it will hurt.

For the schools, the increase will only result in an additional $45,000 in revenue, a tiny drop in the shortfall bucket.

The report points out that every year, it is becoming harder to stretch the budget. In the last budget, maintenance levels had to be cut, and those lower levels will have to continue.

According to the report, "funding levels are presently significantly less than those required to prevent our schools from deteriorating further on an annual basis." Insufficient staffing will save over $500,000, which is great, if you don't mind schools that are sliding into such decrepitude that parents have started a blog, called FixBCEd, to document disrepair.

Adult education centres will take a huge hit, with the Downtown Eastside and Hastings centres, closing completely. These inner city locations service Vancouver's urban aboriginal community, which already suffers lower graduation rates. But the cut dollars are big, another $500,000 in savings.

What remains of VSB's Adult Ed programs will see an increase in the ratio of students to staff, which will cut millions. The International Education program will also see increased students per staff person.

I don't blame the school board for these harsh cuts. I blame the provincial government for their inadequate funding and lack of care for public education.

A new coalition of parent organizations calling themselves FACE (Families Against Cuts to Education), is planning a rally for noon on Sunday, April 12, outside the Vancouver Art Gallery.

Go, take your kids. Let the province hear you yell.

Trish Kelly lives and hollers in East Vancouver. Follow her @trishkellyc.

ROSEMARY WESTWOOD
metroview

Preschool Mastermind: You can't buy your way into a creative community

There is something both appealing and repulsive about a new preschool in New York.

It's so New Age, so millennial: the (possibly world's first) preschool for adults.

Preschool Mastermind wants to bring the magic back into your thirty-something life. You can pay on a sliding scale of $333, $444, $555, all the way up to $999, for five classes of fingerpainting, make-believe, Play-Doh, naptime and snack time.

And maybe you want to. Other people are. One video shows a class singing songs and dressing up.

You know, like we used to. Before we grew up.

Maybe this preschool is the "worst, saddest thing," and "makes you lose faith in humanity," as one friend told me.

My gut reaction was to call the preschool an extreme example of my generation's petulant refusal to grow the hell up. Why else would people pay hundreds of dollars to go to Miss Joni's Brooklyn house and pretend like the last 25 years never happened?

But I actually agree with at least one thing that some of those adult preschoolers have told media: The world can seem a rather oppressively serious place.

Creativity is often valued for its products, not for itself. I can't be the only one who feels like productivity is the sole sign of a good day. And that's sad.

At Miss Joni's, you "inject play, wonder, self-belief, and community" into your "grown-up" life, the website says.

"People come here and get in touch with their inner child. It's magical," Miss Joni has told media.

I get the need for more magic. It reminds me of the old margarine commercial with the Young at Heart song, which even as a child, I understood to be true. No one is too old to fingerpaint.

But paying someone with half a degree in early childhood education to take you back to preschool is surely one of the most self-indulgent, narcissistic ways to seek magic in the world.

You can't buy your way into a creative community, as this class pretends. You have to seek it with other people, in your actual life.

And if cultivating that child-like view is what you're after, the answer isn't to try and regress to your own childhood. The answer is to go spend some time with actual children. Our cities are full of kids' charities that could no doubt use the help.

Isolating yourself in that farce of preschool is actually an affront to the magic that waits for you every morning. Go out in the world. Because you can't go back in time.

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Your essential daily news

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Your essential daily news

America's problem with fat-shaming page 14

Monday, April 6, 2015

The best dollar-store gadgets

Just because you're tight on cash doesn't mean you can't afford some great gadgets. Your local dollar store has a tech section, believe it or not, and you'll be pleasantly surprised at what you can buy with loose change. The following are a few bargains found at Dollarama, Dollar Tree, Family Dollar and 99¢ Depot.

Marc Saltzman FOR METRO CANADA

BRIGHT IDEA

Folding Booklight

Tablets benefit from a backlit screen, but this isn't the case with most ebook readers and, of course, paper books. Don't bother your partner in bed with a night-table lamp when you can pick up the Circuit Electronics LED Folding Booklight for just $1. Clamp the reading light onto your ebook reader or book, press the open button along the side and a retractable arm, with bright LED light, slowly extends to its full height. Three small watch batteries are required, but included.

PURSE PALS

Rechargeable Audio Speaker

It's rewarding enough to find a $2 speaker for your favourite music player, smartphone or tablet — but the aptly named Hype Audio Rechargeable Compact Speaker cleverly doubles as a small mirror to apply makeup. While not wireless, it includes a custom two-foot cable that plugs into the music source (via a 3.5-millimetre mini jack), plus it has an integrated USB connector to power up the rechargeable speaker.

SOUND ADVICE

Stereo Earbuds

Commuters don't need to spend upwards of $300 on a pair of Bose- or Beats-branded earbuds. Instead, the Electra Stereo Earbuds with Microphone, for a mere $2.50, sound better than you might think — plus they block out ambient noise. Along with a microphone on the cable for taking calls — and a three-button remote for volume, pausing and skipping between tracks — the cord of these stereo earbuds has a "flat-wire" style, which looks nicer and doesn't knot up as easily.

REMOTE POSSIBILITIES

4-in-1 Remote

Look down at your coffee table. If you have more remotes than family members, you have a problem. Clear the clutter on the cheap with the $2 RCA 4-in-1 Remote, which lets you control up to four home theatre components — such as a television, cable box, DVD player, and more. The wireless remote is easy to program and offers backlit buttons, volume and media control (e.g. Play, Pause, Forward and Back).

POWER PLAY

USB Car Socket Charger

Keep multiple devices juiced up in your vehicle with the Tech-1 Universal USB Car Socket Charger ($3). As the name suggests, this power socket plugs into your car's 12-volt port (a.k.a. cigarette lighter) and not only charges up three devices at the same time — two 12V gadgets and one USB-based one — but it's also on a two-foot extension cord.

LESS NAP TIME, MORE APP TIME

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HEALTH NEWS

Sweet-smelling sweat? U.K. scientists develop new perfume

British scientists said Thursday they had developed the first perfume that smells better the more you sweat, and also reduces body odour. Researchers at Queen's University Belfast said in a statement that the new perfume "releases more of its aroma when it comes into contact with moisture." The fragrance uses an ionic liquid with no smell as a delivery system. The new perfume could also take away bad odours. "The thiol compounds that are responsible for the malodour of sweat are attracted to the ionic liquid, attaching themselves to it and losing their potency," the scientists said. AFP

Questions persist about sexual side effects of baldness drug

A review of 34 clinical trials on a popular drug to treat hair loss in men found that none of the studies adequately reported on sexual side effects, researchers said Wednesday. The findings raise serious questions about whether the drug — known as finasteride and marketed as Propecia and Proscar, among other names — is safe, said the report by scientists at Northwestern University, published in the Journal of the American Medical Association Dermatology. That has left key questions unanswered, such as the actual risk of developing sexual side effects, how long they may last, how severe they may be, and whether sexual function may return to normal if the drug is stopped. AFP

When saving, stick to your guns

MONEY MATTERS

Make a plan and let everyone know that you won't waver

Gail Vaz-Oxlade
gailvazoxlade.com

Next time, you might want to think twice before you pick up the cheque for the entire table. BOTH PHOTOS ISTOCK

One of the things I'm most proud of when it comes to my TV shows is the fact that folks are more comfortable talking about their money. While I've always been open about money — my money and money in general — other people have been really resistant to sharing their financial stories. That's changed. The brave families I've worked with on TV have helped people see that talking about money is one of the first steps to making change stick.

But we're still not open books. Perhaps it's because we think our money, and the stuff we buy with it, says something about who we are. We're happy to play the guessing game that comes with wearing brand names and living large so people are convinced we're doing great. If we all wore flashing signs on our backs declaring our debt, would we still be so smug showing off our new and shiny?

Determined to change how you deal with your money? Step 1 is to lay a plan for what you'll do differently. Step 2 is way harder: Time to 'fess up to friends and family about what's been going wrong and how you're going to fix it.

Most of us hate the idea of having to give up anything: We love our dinners out, our drive-thru on the way to work, our impulse purchases that come with that immediate gratification buzz.

Hey, if what you're doing isn't getting you to where you want to be, you're going to have to reconcile yourself to doing things differently.

Maybe you can't go out to eat a couple of times a week if you're determined to save a down payment.

Maybe not knowing what you're spending on entertainment isn't getting you any closer to being ready for a new baby.

Maybe those new clothes, new movies, new tchotchkes for the house aren't actually making you happy.

Deciding what you're going to focus on, taking charge of your money and doing the detail will produce a happier outcome than just doing what you've always done.

You're not the only one that's going to have to get used to your new priorities. If you've always been the go-to girl for partying or if you've been the guy who buys a round for the table, that's going to change. And you need to tell people what's changing if you want to have any hope of sticking with a new program.

I'm all for getting together with friends for a lovely meal in a wonderful restaurant. Or maybe you just want to treat the kids to fish and chips, pizza or chicken nuggets and fries on a Friday night. Hey, it's your money and you get to do whatever you want with it. But if your new plan severely restricts your eating out, you're going to have to tell your peeps.

If you have friends who are unwilling to accept your new priorities, you'll have to manage those friendships so that you're not tempted to swap your good intentions for good feelings. You won't be very successful at breaking a shopping habit if you're always hanging out with the chick or dude who loves to shop. Find something else to do together: See a movie, take up an activity you can share, start a project you're both interested in. Sometimes you may have to duck and hide for a little while until you get your new patterns established. It's like trying to quit smoking; you may have to skirt your smoking friends for a while until you're out of the danger zone.

Don't hide your decision to become smart with your money. Celebrate the new you. Who knows whom else you might influence positively with your new attitude!

FRIENDS

As for signalling to friends that things have changed, honesty is the best policy.

"I'm sorry, but I'm working on making myself financially stable and (whatever it is) just isn't going to work for me right now." Then offer an alternative. "Maybe instead we can take the kids for a picnic in the park." Or: "I'd love to go for that weekend away, but I'm building up my emergency fund right now, so I've got to stay focused. Why don't you come over for dinner when you get back and you can fill me in on all the news?" Or: "I know we haven't been out for a long time, but I'm determined next year is the year I spend a month in Italy and that means I'm saving every extra cent I have right now. I could come over to your place and we could ..." You get the point.

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KELLY CLARKSON

Anchor in deep ish over deep-dish dis

In one of the most elegant cities on Earth, France's Parliament moved last week to make it a crime to use anorexic models or encourage anorexia.

In the U.S., however, some still think it's OK to fat-shame women on national television. Yet another TV "personality" has decided to make an unsolicited comment on Kelly Clarkson's weight.

We realize a lot of stuff that comes out of Fox News is cynically designed to get reactions, like this one, but still. Chris Wallace decided to weigh in on the virtues and drawbacks of the singer — for some reason — offering, "Kelly Clarkson's got a lovely voice. She could stay off the deep-dish pizza for a while." Which is downright un-American, if you ask me.

Heck, Wallace even has his own turning against him, as Fox colleague Greta Van Susteren was so incensed she had to blog about it: "This 'guy snickering' about her weight is obnoxious," she wrote. "He should apologize."

In the meantime, I suddenly really, really want some deep-dish pizza. NED EHRBAR/METRO IN HOLLYWOOD

TEEN ACTRESS

Bella Thorne says her sexiness is 'your problem'

Teen actress Bella Thorne isn't too worried about people finding her attractive even if she isn't actually a legal adult yet.

"People tell me I'm sexy and I'm like, 'Dawg, I'm just being me. If you find me sexy, that's your problem because you're looking at me like that,'" the 17-year-old tells Fox News. "I'm not trying to portray anything else than just me."

So ... you're the creep, OK? NED EHRBAR/METRO

"I'm not trying to portray anything else than just me.
Bella Thorne

Unclassy spoiler could ruin Lifetime fun for all

DRAMA!

TV movie with Will Ferrell and Kristen Wiig now in limbo

The fate of what could be the best Lifetime TV movie ever, featuring Will Ferrell and Kristen Wiig, is unclear after the project's planned secrecy was spoiled.

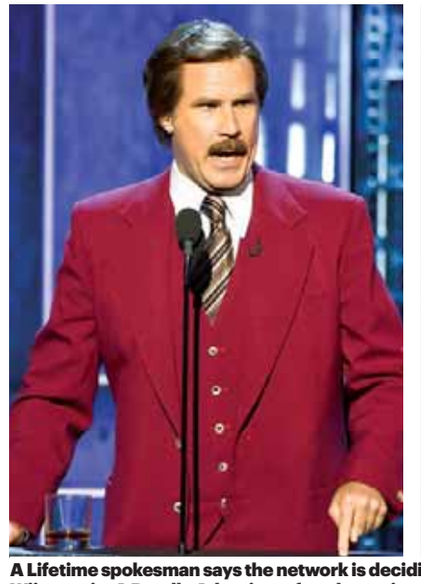
The former Saturday Night Live stars made the ominously titled A Deadly Adoption, playing a couple who befriend a pregnant woman in hopes of adopting her child. Lifetime's movies, frequently melodramas about life and love that appeal to the network's primarily female audience, are a genre onto themselves and often ripe for parody.

"We are disappointed that our secret project with Will and Kristen was leaked and the network is determining the fate of the movie," said Michael Feeney, spokesman for Lifetime's corporate parent, A&E Networks, on Friday.

A spokesman for the actors' talent agency had no immediate comment on Lifetime's plans.

After word of the project got out, Ferrell issued a statement that he and Wiig had decided it was "in the best interest for everyone to forego the project entirely." Lifetime had said the movie was due to air this summer.

Ferrell's statement may be an empty threat: Stars generally don't have the ability to kill an filmed project, except in the unusual circumstance where they fully financed the production, said Jonathan Handel, an entertainment attorney for the Hollywood firm TroyGould. Even then, they could face a breach of contract lawsuit if the film had already been leased to a television network. In most cases, TV movies are financed jointly by a production company and the network itself, Handel said. THE ASSOCIATED PRESS



A Lifetime spokesman says the network is deciding what to do with its Will Ferrell and Kristen Wiig movie, A Deadly Adoption, after the project was leaked. GETTY IMAGES

DATING

Rumour: Strahan sweet on Cookie

If you had any doubts that Empire star Taraji P. Henson had truly arrived, this should quash them. Cookie Lyon herself is now the subject of tabloid dating rumours — specifically about the amorous advances she's been fielding from Michael Strahan.

It all started when Henson stopped by Live with Kelly and Michael for a chat, according to Star magazine.

"Michael flirted openly with Taraji on camera, but he wasn't kidding. Off camera, he kept asking her, 'When can I take you out?'" a source says.

"Taraji initially brushed off his advances, but Mike told her that he was serious. The two ended up having an intimate dinner that night at the Mandarin Oriental Hotel ... and they have more dates on the books." Well, all right, then. NED EHRBAR/METRO

ANGRILY TWEET ABOUT NOT HAVING A SEAT

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IN BRIEF

George RR Martin releases chapter from new book

Yes, George RR Martin really is working on that next book. The Game of Thrones author released a chapter last week from his long-awaited sixth volume of the Song of Fire and Ice fantasy series, The Winds of Winter. The chapter appears on Martin's website and is told from the perspective of Sansa Stark, living under the name Alayne Stone. She is played on the HBO adaptation by Sophie Turner (pictured).

Martin has already cut back on personal appearances and decided against writing for the sixth season so he can concentrate on The Winds of Winter.

THE ASSOCIATED PRESS

A scene best enjoyed at home

URBAN ETIQUETTE

Repeat after me: Too sexy for his shirt? Too sexy for public transit

Ellen Vanstone

Dear Ellen,
This morning's subway commute was standing-room only. A guy near me was sitting next to a child and watching something very fleshy on his iPad. I am sure it wasn't porn, maybe Game of Thrones or Looking. I know people like to binge watch, but is the subway the place to catch up on shows like these?
Amber in Toronto

Dear Amber,

Judging by your first name — a major porn-star moniker since the '80s and still the fourth most popular according to the Interactive Adult Film Database — I'm going to assume you know whereof you speak when it comes to what constitutes onscreen erotica. In fact, if I may be so presumptuous, the idea of an old porn star watching new porn stars over the shoulder of porn-consuming commuters is downright charming — the kind of flagrantly tawdry spectacle that makes your city truly world-class, if not classy.

But is such inadvertently shared content suitable for children? No, Amber, it is unequivocally not. If we want our kids to learn the ins and outs of sexual practices in all their anatomical, permissive permutations, surely the little wretches can get it at school — in Ontario, for example, Premier Kathleen Wynne's new sex education curriculum will provide no end of fodder for their developing imaginations. They hardly need more of this content on the way to or from their tax-funded sex lessons in the classroom.

What's more, there's the question of overload. With sex scenes, public nudity and crass innuendo shoved down our throats at every turn, it's increasingly hard to make the real thing alluringly mysterious — not to mention dirty, which is an essential component of a satisfying sex life according to experts (well, according to Woody Allen who stipulated that sex is only dirty "if you're doing it right," though perhaps he's not the ideal role model to quote in this context).

The point is, nobody, of any age, needs to be subjected to "fleshy fare" on our transit systems.

Finally, I hope we don't need to add that indulging on public transit in the activity that usually accompanies porn-watching would breach every rule of etiquette known to personkind.

Need advice? Email Ellen at life@metronews.ca

Seeing Game Of Thrones hunk Michiel Huisman stripping off was a highlight of last season. CONTRIBUTED

PREMIERE

• Game of Thrones returns to HBO Canada on Sunday, April 12, at 9 p.m. ET.

BODY LANGUAGE

Spot these clues they're lying on the first date

Maryann Karinch is an expert at reading people. The body language and lie-detection specialist works with the Department of Homeland Security and others to provide trainings and workshops.

Wondering how you can start weeding out liars right away? Here are Karinch's suggestions:

"Ask yes or no questions," Karinch advises. "If he's repeating the question rather than answering or evading, you need to ask yourself, 'Why won't he answer?'"

Watch their reactions.

It's important to listen to your date's tone in addition to words. "If she seems measured and relaxed in her tone, you think, 'She seems pleasant,'" notes Karinch. "But then if, all of the sudden, she gets nervous and her hand goes to her neck when she starts talking about her family, you learn two things. One is that talking about her family makes her stressed and, two, that she touches her neck when she's stressed."

Look for nervous tics

Karinch says these are common gestures of people hiding something:

• Men: Rubbing their hands together, rubbing their legs

• Women: Playing with their earrings or hair, touching their necks

Finally, trust your instincts. Karinch notes that people who have been lied to or cheated on often realize after the fact that there were signs that they overlooked. "We have a lot of these skills already," Karinch notes. "What we are looking for is glitchy behaviour. A lot of times, we ignore signs and signals that would give us important behaviour clues."

LAKSHMI GANDHI/ METRO IN NEW YORK CITY

It might not be this easy, but there are ways to tell if someone is lying. ISTOCK

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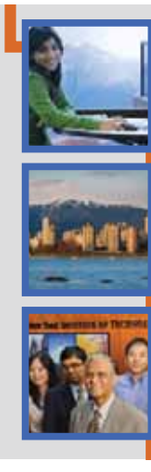

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APPS REVIEWS

MIND THE APP

Kris Abel
@RealKrisAbel

VIDEO GAME

Mario Party 10

• Nintendo Wii U
• Rating: Everyone

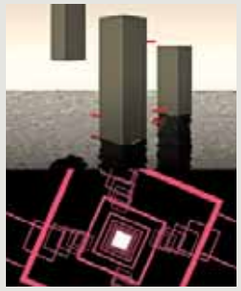
There's a surprising number of casino games in this family-driven board game where up to five players compete in mini-games at the roll of a dice. Roulette wheels, one-armed bandits and slots are less interesting compared to fiery hamster wheels and pinball machines. That one player can rampage as Bowser, destroying everything, is easily the best source of fun.

ENTERTAINMENT

Last Voyage

• iPhone/iPad
• $0.99

Inspired by the trippiest of scenes from iconic science-fiction movies, this package of five mind-bending puzzles uses simple taps and swipes. The challenge is to figure out how the puzzles work, with gorgeous visuals and atmospheric soundtrack.



HEALTH

Soccer Fitness Gols

• iPhone/iPad/Android
• Free

Just in time for spring training, this soccer-focused fitness program uses animated GIFs to demonstrate exercises, focusing on strength, power, endurance, flexibility and speed.

FOOD

Egg Timer

• iPhone/iPad
• Free

From the Egg Farmers of Canada comes this extensive collection of how-to videos, nutrition guides and recipes that span an impressive range of meals including sunrise sandwiches, oven pancakes, egg salad sliders and chocolate bunny bread.

EBOOK

The Fifth Heart

• By Dan Simmons
• Kindle/iBooks/Kobo

Sherlock Homes, a fictional character, and Henry James, a real-life author, could never meet and they know it. Their pairing on an American murder mystery triggers an Inception-layered puzzle about consciousness.

Give your office life a spring cleaning

TIPS

The changing of the seasons is a great excuse to get organized

Lakshmi Gandhi
Metro in New York City

Ridding yourself of clutter can streamline your thinking. ISTOCK

Spring feels like it is finally here, which means that in addition to getting ready for the soon-to-be sunny weather, now is also the perfect time to spruce up your office life.

"During the spring, people seem to get happier and enjoy the sunshine," says Tamara Kano Myles, an organizational expert and the author of The Secret to Peak Productivity: A Simple Guide to Reaching Your Personal Best.

"We are also at the end of the first quarter (of the year), so you still have the next nine months to make strides toward your goals."

Wondering where to get started? Myles offers these suggestions:

Sort through your files. "Are you keeping a lot of outdated paperwork?" Myles asks. "Go through your files and get rid of what's no longer relevant."

She adds that this bit of cleaning may bring you luck in the future. "From a feng shui perspective, it's good to have empty space in your cabinet to attract new clients."

Rid yourself of clutter. "Most people who have piles of paper on their desks will try to sort them but will quickly lose track," Myles notes.

Instead, she suggests making use of her "3 to's" system for every document that comes your way. "I call them 'to do,' 'to file' and 'to toss.' If you start by making those three files, everything will move a lot more quickly."

Check your email less. "A lot of executives receive up to 300 emails a day, and they are just buried," Myles says.

"Don't use your inbox as a secondary to-do list. I suggest only accessing your email at specific times each day — for example, once in the morning, once at lunch, then mid-afternoon and at the end of the day."

Manage your time better. Are you spending a lot of time on things that aren't meaningful to you or your work? Myles says that it's time to assess your current projects and think about how you are balancing your personal life. "Spring is a good time to think about priorities and time management," says Myles. "Start planning everything you want to do and focus on your priorities."

OFFICE RELATIONS

When pushy co-workers try to run the whole show

Don't let co-workers determine how you spend your dough. ISTOCK

Eleni Deacon

Sometimes it's OK to opt out. Things you can buy with $50: dinner for two, a new sweater, several trips to the movies. Things you should not have to buy with $50: the approval of your co-workers.

That's how much a reader who recently started a new job was asked to pitch in for a retirement gift for a colleague. In this case, it's best to calculate her response based on the firmness of the request. Did the donation seem optional?

If so, opting out is a reasonable response. It's unfair to expect new recruits to pony up gifts for outgoing vets. Instead of signing a cheque, she should just sign the card. Then spend $50 on new shoes for spring.

If the ask was, in fact, a demand, the best approach is to make the dismissal friendly but frank. This response would be justified: She just started at the company, and has no connection to the retiree. As long as she explains that in the future, she would be happy to pitch in for recipients with whom a relationship has been built. Candour may surprise some group-gift sticklers. But at least she gets to keep the cash.

Don't buy into negativity. Between marathon hours, tough managers, and inboxes that just won't empty, there can be a lot to whine about at work. But when your colleagues' constant complaining becomes another problem worth complaining about, it's time for an attitude overhaul.

In milder cases, try ignoring the moaning. When Kelly claims she has too much work, don't commiserate — just focus on getting yours done. When Phil won't stop fussing about an extra-tight deadline, put in your headphones and listen to something fun. Don't indulge or acknowledge anyone else's bad mood. From now on, see no grumbling, hear no grumbling, speak no grumbling.

Or play optimism's advocate. Joanne says she's stressed — you say it's almost Friday. Mike says he can't handle your boss' demands — you tell him he's doing a great job. Counter each groan with a smile, and eventually your pep might catch on.

That said, extra-irritable grouches might need more aggressive rebuts to their pouts. When office gripes are too sour to deflect, be direct. Explain that negativity helps nothing: Not only is it annoying, it deflates everybody's productivity. Hope they listen to your plea and start acting more pleased. And if not, bribe them with candy.

metro SPORTS

Cristiano Ronaldo scored five goals in Real Madrid's 9-1 rout of Granada

Monday, April 6, 2015

Suspense is building for Canucks in playoff race

NHL

Vancouver hosts L.A. on Monday in a crucial game

Cam Tucker
Metro | Vancouver

Canucks goalie Eddie Lack blocks a shot by the Jets' Drew Stafford on Saturday in Winnipeg. MARIANNE HELM/GETTY IMAGES

Consider how things have changed for the Vancouver Canucks in the last 12 months.

On Wednesday, it will mark exactly one year since the local NHL club, steeped in turmoil, fired Mike Gillis, quickly setting the wheels in motion for change within an organization that had gone from the Stanley Cup final in 2011 to officially out of a playoff position in 2014. The other shoe would soon drop for John Tortorella, too.

Frustration among fans, over the team's descent into mediocrity, was giving way to apathy.

Today, with a new president, general manager and coach firmly established in their respective places, the Canucks hold down a playoff position with three games remaining in their season.

As of Sunday afternoon, 29 hours before a meeting with the L.A. Kings at Rogers Arena, the Canucks had a 98.5 per cent chance of qualifying for the Stanley Cup playoffs, according to Sports Club Stats.

Still, after back-to-back losses to end a four-game road trip through the Central Division, including Saturday's defeat in Winnipeg, the suspense is building.

Too many defensive miscues, a weak goal against, and a puck off the post sent the Canucks back home from Winnipeg with a 2-2 record on the trip.

With a reputation for being able to find their best game when absolutely necessary, the defending Stanley Cup champion Kings have won five of their last seven games.

They're in the final wild-card spot, three points back of the Canucks with four games on their schedule.

Minus one game in late March, the Kings have owned the Canucks this season.

But if there is a meeting between these two teams the Canucks can draw on for inspiration, it's that one on March 21. Eddie Lack was brilliant. The power play was successful, the Canucks didn't back down from physical play and their best players were just that.

The Canucks need nothing short of a repeat performance on Monday.

A little suspense certainly doesn't hurt. It sure beats where this franchise was a year ago.

IN BRIEF

Canadiens 4, Panthers 1
Carey Price stopped 24 shots to pick up his league-leading 42nd win and the Montreal Canadiens beat the Panthers leaving Florida stranded on 87 points with two games left.

Flyers 4, Penguins 1
Steve Mason made 46 saves, and the Flyers scored on three of four power-play opportunities to defeat Pittsburgh.

The Penguins (42-26-11, 95 points) have dropped 10 of their last 13 games and suddenly face the prospect of playing for a post-season spot Tuesday in Ottawa.

Maple Leafs 3, Senators 2
The Senators lost in a shootout but picked up a valuable point in the process.

With three games left, Ottawa (40-26-13) has 93 points and trails Detroit, Boston and Pittsburgh by two points.

THE ASSOCIATED PRESS AND THE CANADIAN PRESS

Carey Price got win No. 42 Sunday. THE ASSOCIATED PRESS

The Whitecaps' Kekuta Manneh, right, celebrates scoring a goal against the Los Angeles Galaxy with Octavio Rivero at BC Place Stadium on Saturday. DARRYL DYCK/THE CANADIAN PRESS

MLS

Whitecaps coach setting a high standard

When the Vancouver Whitecaps awoke Sunday morning, they were atop the Major League Soccer Supporters' Shield standings.

Vancouver's place in the standings was mere minutes away from becoming official when head coach Carl Robinson sat down for his customary post-match news conference after his team defeated the L.A. Galaxy 2-0 at BC Place Stadium on Saturday.

Asked about what it meant to jump into first overall, Robinson seemed to shrug it off.

The Whitecaps have won four times in five games to begin the season.

In three of those wins, they needed a late goal to break a tie, and against Portland on March 28, the Vancouver side was the second-best team on the pitch but got bailed out by superb goaltending from David Ousted and an opportunistic goal from Robert Earnshaw.

18

The Whitecaps had 18 shots against the Galaxy — nine of which were on target.

Against the Galaxy, the Whitecaps responded with easily their best performance so far.

"It's one game for us. It's important that we won because we won last week, and we probably didn't play as well as we should have or could have," said Robinson.

Robinson is still trying to implement a higher standard with what is still a very young team.

"I don't want to be a good team one week, and a very poor team the next two or three weeks. It's about consistency," said Robinson. CAM TUCKER/METRO

NEXT MATCH

The Whitecaps host the Columbus Crew on Wednesday.

Big matchup takes NCAA centre stage

U.S. NATIONAL CHAMPIONSHIP

Kaminsky-Okafor is game within game

Bo Ryan doesn't want to face Duke centre Jahlil Okafor.

"There's no way I could match up with him," joked Wisconsin's grey-haired coach. "He'd kill me."

Luckily, Ryan has seven-footer Frank Kaminsky on his side to bang elbows in the post with the Blue Devils' freshman phenom.

Kaminsky vs. Okafor: The game within the national championship game Monday night.

"It should be pretty interesting for purists of the game to watch two bigs like that go against one another," Ryan said Sunday.

It's fitting the championship is coming down to teams with the guys considered the top contenders for top player honours: Kaminsky won the AP's player of the year, Okafor finished a distant second.

The last time they faced each other, an 80-70 win by Duke in Madison on Dec. 3, Kaminsky had 17 points and nine rebounds, but was 5 of 12 from the field. Okafor had 13 points and six boards on 6 of 8 shooting.

So much has changed since then.

Start with the experienced Kaminsky, who presents a matchup nightmare. He's as comfortable in the post as he is spotting up from three. Press Wisconsin guards in the backcourt and Kaminsky can come up to relieve pressure with his ballhandling. Double-team Frank the Tank and he'll find the open shooter.

"Obviously he's the national player of the year, but he's as unique of a player in college as I've seen in a while," Duke associate head coach Jeff Capel said.

But Okafor said he and his Duke teammates are guarding against putting too much attention on one individual.

"We have to deal with the entire Wisconsin team," he said. "So it's going to be a collection of myself and my teammates working together on both ends of the floor."

NCAA Tournament opponents are shooting just 37 per cent against Duke, a big reason is the big guy in the paint. Okafor had two blocks and two steals to go with 18 points and six rebounds in Saturday's victory over Michigan State.

"Well, he's better. His defence is better," Wisconsin associate head coach Greg Gard said, comparing Okafor these days to the player he saw in December. "He is seasoned more and he's got more experience."

Whether it's this year or next, Okafor is the likely top pick in the NBA draft, while Kaminsky will finish his senior season on Monday night in Indianapolis.

The two could be squaring off against each other in the NBA this fall. But first, there's one last game between the two best college big men in the country. THE ASSOCIATED PRESS

Frank Kaminsky GETTY IMAGES

> **It should be pretty interesting for purists of the game.**
> Badgers coach Bo Ryan

Jahlil Okafor GETTY IMAGES

CURLING **SWEDEN SLIDE TO WORLD GLORY** Sweden's Niklas Edin defeated Norway's Thomas Ulsrud 9-5 in the gold-medal game of the world men's curling championship on Sunday in Halifax for his second world title in three years. Canada, led by skip Pat Simmons, bounced back from an ugly semifinal loss to beat Finland's Aku Kauste 8-4 for bronze. ANDREW VAUGHAN/THE CANADIAN PRESS

MLB

Cubs' offence starts with thud vs. Cards

Adam Wainwright pitched six innings of five-hit ball and the St. Louis Cardinals beat the Chicago Cubs 3-0 on Sunday night in the major-league opener.

Jason Heyward had three hits in his St. Louis debut and Matt Holliday drove in two runs as the Cardinals won their first game for the second straight year. Throw in Matt Carpenter's two hits at new-look Wrigley Field, and the top third of the lineup for the NL Central champs went 7 for 14 with three RBIs.

SUNDAY **Season opener**

CARDINALS	CUBS
3	0

Playing their most anticipated opener in years, manager Joe Maddon's Cubs went 0 for 13 with runners in scoring position. Ace left-hander Jon Lester was pulled with one out in the fifth inning in his Cubs' debut. THE ASSOCIATED PRESS

IN BRIEF

Padres sneak in one last big trade before opener

The San Diego Padres pulled off another blockbuster trade on the eve of opening day, acquiring all-star closer Craig Kimbrel and outfielder Melvin Upton from the Atlanta Braves for outfielders Carlos Quentin and Cameron Maybin, plus two minor leaguers and a draft pick. THE ASSOCIATED PRESS

Defoe goal the difference as Sunderland tops Newcastle

On a weekend of spectacular strikes in the Premier League, forward Jermain Defoe entered his own contender for goal of the season.

Defoe, who spent last season with Toronto FC, met a ball that dropped over his shoulder with a first-time, left-footed volley that dipped into the top corner from 22 metres, clinching Sunderland's 1-0 win over rival Newcastle. THE ASSOCIATED PRESS

Warriors run dry vs. Kawhi

The Golden State Warriors have steamrolled teams for the past month, but they ran into a huge roadblock named Kawhi Leonard.

Leonard matched his career high with 26 points and set a career-high seven steals, and San Antonio rolled past Golden State 107-92 Sunday, snapping the Warriors' 12-game win streak and extending its own to seven. THE ASSOCIATED PRESS

Jermain Defoe GETTY IMAGES

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RECIPE Gnocchi with Parsley Feta Pesto

EAT LIGHT AT HOME

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Ready in
Prep time: 5
Bake time: 5

Gnocchi is a mouth-watering pasta made from potatoes not flour. It's a great side dish or entrée.

Directions

1. Bring pot of water to boil. Add gnocchi and boil just until gnocchi is tender, about 5 minutes.

2. Meanwhile puree parsley, feta, garlic, pepper, oil and water in a small food processor until smooth. Add more water if too thick.

3. Pour over top gnocchi and garnish with toasted almonds.

Ingredients

- 350 gm potato gnocchi – (about 1 ¾ cup uncooked)
- ¾ cup flat leaf parsley leaves
- 1/3 cup crumbled feta cheese
- 1 small garlic clove
- Dash of coarse black pepper
- 3 Tbsp olive oil
- 2 Tbsp water
- ¼ cup sliced toasted almonds

Nutrition per serving

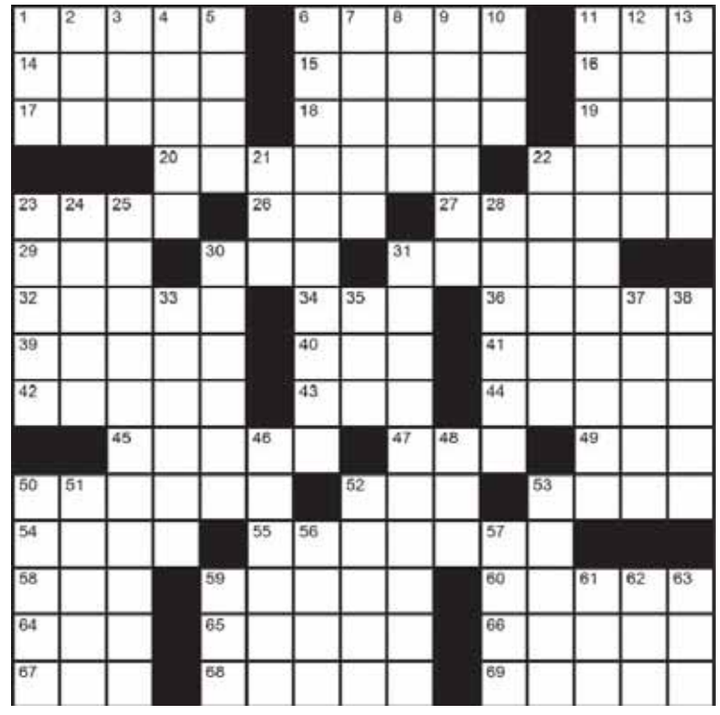
- Calories 287
- Carbohydrates 31g
- Fibre 1.6g
- Protein 7.6g
- Fat 15.5g
- Saturated Fat 2.7g
- Cholesterol 3.3mg
- Sodium 554mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS

1. Springtime's chocolate star
6. Fisherman's count
11. US health-related agcy.
14. Prefix relating to 'Bones'
15. Additional
16. Cleaning cloth
17. "My guess would be...": 2 wds.
18. Sea swallows
19. Ms. Gabor
20. "Jesus Christ Superstar" (1973) character, __ Pilate
22. Modify
23. Thompson Twins tune
26. Long time
27. Flowery
29. Wood sorrel
30. Triumphed
31. Easter basket's fake fluff
32. Seed's outer layer of protection
34. Spiritual 'way'
36. Badlands formation
39. Ballet outfits
40. Year: Spanish
41. Grizzlies
42. Classical Music: Canadian __ Company
43. Polit. designation
44. Manner of speaking
45. Aussie actress Ms. Wilson
47. "__ chance!"
49. Pathway [abbr.]
50. Reveal, as a portrait painting
52. __ Lanka
53. Discounted
54. Wreck
55. Spiny ant-eating mammal that looks like a hedgehog
58. Beatles: "__ Follow the Sun"
59. Egg-shaped
60. Make amends
64. Beatles: "__ You Need Is Love"
65. Ms. Messing
66. Blood of ancient Greek gods
67. Gardening tool
68. Laud to the heavens
69. US state, __ Island

DOWN

1. Avril Lavigne's "Sk8er __"
2. Amer. currency
3. Days opp.
4. Types of tides
5. Retro toy
6. "Here Comes Peter __" (TV special of 1971)
7. Didn't go to the restaurant afterall: 2 wds.
8. Drive-__ (Fast food service)
9. Use the 'bleep' button as a TV show employee
10. Clock's li'l time segments
11. Judy Garland's co-star in "Easter Parade" (1948): 2 wds.
12. Lifeboat lowering crane
13. Quartz variety
21. Paleo opposite
22. Happened as a result
23. Game of chance for a chance to win millions
24. Get frosty: 2 wds.
25. Community in Manitoba that #6-Down would like!
28. __ Lake (Saskatchewan village northwest of Saskatoon)
30. Sushi condiment
31. Pre-Egg Hunt day holiday: 2 wds.
33. Stew dish
35. Ms. Jillian
37. Horse speeds
38. Namesakes of Carlisle Cullen's wife in 'Twilight' movies
46. Onze: English
48. Assistance
50. British band, __ Heep
51. Void, in Venice
52. Avoid duties
53. Gate fastener
56. Corny places
57. Depilatory brand
59. Lyric poem
61. "Well, now!"
62. Assenting sign
63. Earlier than now, in verse

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your confidence is at an all-time high. Your capabilities may be immense but make sure you focus on aims that are worth investing your time and energy in.

Taurus April 21 - May 21
The less others know about your aims and ambitions this week the better, especially if you are working towards a goal that is likely to make others jealous if you succeed – and you will.

Gemini May 22 - June 21
Take the initiative in group and social activities over the next 24 hours. Not only will you will be immensely popular but you will also meet people who transform your outlook on life.

Cancer June 22 - July 23
If you want to impress employers and other important people then now is the time. Don't hide yourself away: show them — and the world in general — what you are capable of.

Leo July 24 - Aug. 23
With the Sun and Uranus very much on your side there is nothing you cannot do and nothing you cannot possess. But try not to be too domineering or you could make an enemy of someone that would make a more sensible friend.

Virgo Aug. 24 - Sept. 23
Look in the mirror and be honest about what you see. If you can do that today then you will put yourself at an advantage when dealing with people who are not so honest about their own faults and failings.

Libra Sept. 24 - Oct. 23
Don't do what other people expect you to do — do what appeals to you, for whatever reason. If you let partners and colleagues dictate terms they will, and you can be sure they won't be as favourable.

Scorpio Oct. 24 - Nov. 22
The planets warn you are working too hard and need to change your attitude to your chores, duties and responsibilities. The fact is you will be no good to anyone if you work yourself into the ground. Lighten up.

Sagittarius Nov. 23 - Dec. 21
Start something new and don't worry too much about planning ahead. Today's cosmic influences urge you to think and act as if you cannot possibly fail — and you won't.

Capricorn Dec. 22 - Jan. 20
You will have to deal with some annoying people today but getting angry won't make things any easier. Yes, of course, it's a pain when others act slowly or stupidly but not everyone can be as switched on as you.

Aquarius Jan. 21 - Feb. 19
You are in one of your generous moods at the moment, but make sure it is only those who deserve your largesse who get it. Hangers-on will happily enjoy themselves at your expense.

Pisces
Feb. 20 - March 20
You don't have to ask permission to make the changes you need but you do have to accept that not everyone will be happy with them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6		1		3		4		2
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